

Mental Health and Wellness Journal

This journal is for you to write reflections and thoughts as you proceed through the course readings. Many of the leading questions in this booklet will assist you as you complete assignments for the sections in the course.

Responses must be written using polished, complete sentences, unless otherwise directed. *Polished means as error-free as possible, using correct punctuation, capitalization, and spelling.

Mental Health and Wellness Overview

What do you hope to learn in this course?

Write about a time when you used stress as motivation.

[Bell Let's Talk Day](#) is traditionally at the end of January. If you were to write a social media post to promote it, what would you say? Remember to add hashtags if you are using Twitter.

Unit 2, Section 1: Stress

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1. Were you surprised at your results from the stress test? Explain your answer. (2 marks)

2. How does stress play a role in your life? (2 marks)

3. Do you have more **eustress** or **distress** in your life? What could you implement in your life to increase the eustress? (3 marks)

4. Of the five main stressors, which one do you believe affects your life the most? Explain your answer using examples. (3 marks)

Unit 2, Section 2: Stress

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1. Which of the stress tests did you find the easiest to use? Explain your answer.
(2 marks)

2. Which of the stress tests was most beneficial to you? Explain your answer.
(2 marks)

Unit 2, Section 3: Stress

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1. Name three ways that you manage your stress. Explain how each of these methods works for you. (6 marks)
2. After looking at the 50 most common signs and symptoms of stress, which ones do you think you display most often? How do you think stress is affecting your body? Explain your answer. (2 marks)
3. How does stress, both eustress and distress, affect your mental health? (2 marks)